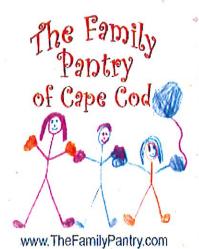
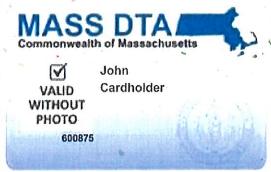
Food Programs available through the Senior Center



The Family Pantry of Cape Cod offers a program called "<u>Healthy Meals in Motion</u>". On the fourth Wednesday of every month, qualifying participants pick up food at the Senior Center free of charge. Food includes canned and packaged goods as well as dairy products, meats and bakery items. Participants must meet income eligibility guidelines and food allotment is based on household size. This program is open to those over 60 years of age as well as families in the Provincetown School System.

Our <u>Food Pantry</u> is closed for in person shopping at this time but we are open for orders over the phone. Give us a call and we will put together an order and coordinate distribution.





The <u>Supplemental Nutrition Assistance Program</u> (SNAP), is a federal nutrition program for low income individuals that can help you stretch your food budget. SNAP provides a monthly benefit to buy nutritious foods based on financial and non financial criteria.

Elder Services of Cape Cod & the Islands provides Meals on Wheels to individuals aged 60 or older who are homebound and unable to prepare their



own meals. Meals can be delivered up to 5 days per week.

For more information or to sign up for any of the above programs please call Andrea at 508-487-7080.